Tips for Better Sleep

Sleep problems are common and may lead to problems. Such difficulties include sleep deprivation and loss, which may lead to poor reaction times, drowsiness while operating a motor vehicle or machinery, poor decision making, and compromised immune systems. The experts at the National Sleep Foundation and other experts suggest some measures and five tips to take to help improve sleep!

Create a consistent bedtime routine!

Develop a nightly ritual and routine. This will help train your body and mind that it is time to rest. For instance, dimming the lights, brushing your teeth, washing your face may part of a routine. Another example may be if something is bothering you, then writing them down and letting go of them, until the next day has been found to be helpful.

Retire to bed at the same time every night!

Those who go to bed at the same time are more rested, and sleep better than those who go to sleep at different times.

Avoid alcohol and caffeine

Both caffeine and alcohol interfere with and disrupt sleep. Stay away from each within three hours of bedtime.

Wake up without an alarm

Those who wake up without an alarm, are rested and are getting enough

rest and sleep

Naps

If you are fatigued and tired, avoid taking a long nap. Naps often interfere with night sleeping patterns and habits. A short power nap is better for you, and will help you overcome the usual afternoon slump.